Matti Uusitupa

List of Publications by Citations

112 papers	26,859 citations	54 h-index	116 g-index
116 ext. papers	31,491 ext. citations	11.3 avg, IF	5.47 L-index

#	Paper	IF	Citations
112	Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. *New England Journal of Medicine*, **2001**, 344, 1343-50	59.2	7577
111	Genetic studies of body mass index yield new insights for obesity biology. *Nature*, **2015**, 518, 197-206	50.4	2687
110	Discovery and refinement of loci associated with lipid levels. *Nature Genetics*, **2013**, 45, 1274-1283	36.3	1904
109	Defining the role of common variation in the genomic and biological architecture of adult human height. *Nature Genetics*, **2014**, 46, 1173-86	36.3	1339
108	Sustained reduction in the incidence of type 2 diabetes by lifestyle intervention: follow-up of the Finnish Diabetes Prevention Study. *Lancet, The*, **2006**, 368, 1673-9	40	1234
107	New genetic loci link adipose and insulin biology to body fat distribution. *Nature*, **2015**, 518, 187-196	50.4	920
106	The Finnish Diabetes Prevention Study (DPS): Lifestyle intervention and 3-year results on diet and physical activity. *Diabetes Care*, **2003**, 26, 3230-6	14.6	879
105	Diabetes and atherosclerosis: an epidemiologic view. *Diabetes/metabolism Reviews*, **1987**, 3, 463-524		681
104	Large-scale association analyses identify new loci influencing glycemic traits and provide insight into the underlying biological pathways. *Nature Genetics*, **2012**, 44, 991-1005	36.3	621
103	A genome-wide approach accounting for body mass index identifies genetic variants influencing fasting glycemic traits and insulin resistance. *Nature Genetics*, **2012**, 44, 659-69	36.3	615
102	Common variants associated with plasma triglycerides and risk for coronary artery disease. *Nature Genetics*, **2013**, 45, 1345-52	36.3	597
101	Natural history of peripheral neuropathy in patients with non-insulin-dependent diabetes mellitus. *New England Journal of Medicine*, **1995**, 333, 89-94	59.2	461
100	Genome-wide meta-analysis identifies 11 new loci for anthropometric traits and provides insights into genetic architecture. *Nature Genetics*, **2013**, 45, 501-12	36.3	437
99	Physical activity in the prevention of type 2 diabetes: the Finnish diabetes prevention study. *Diabetes*, **2005**, 54, 158-65	0.9	434
98	Physical activity attenuates the influence of FTO variants on obesity risk: a meta-analysis of 218,166 adults and 19,268 children. *PLoS Medicine*, **2011**, 8, e1001116	11.6	379
97	Lifestyle intervention with weight reduction: first-line treatment in mild obstructive sleep apnea. *American Journal of Respiratory and Critical Care Medicine*, **2009**, 179, 320-7	10.2	286
96	Sex-stratified genome-wide association studies including 270,000 individuals show sexual dimorphism in genetic loci for anthropometric traits. *PLoS Genetics*, **2013**, 9, e1003500	6	277

95	The genetics of blood pressure regulation and its target organs from association studies in 342,415 individuals. *Nature Genetics*, **2016**, 48, 1171-1184	36.3	251
94	Lifestyle intervention for prevention of type 2 diabetes in primary health care: one-year follow-up of the Finnish National Diabetes Prevention Program (FIN-D2D). *Diabetes Care*, **2010**, 33, 2146-51	14.6	228
93	The Influence of Age and Sex on Genetic Associations with Adult Body Size and Shape: A Large-Scale Genome-Wide Interaction Study. *PLoS Genetics*, **2015**, 11, e1005378	6	220
92	Effect of the amount and type of dietary fat on cardiometabolic risk factors and risk of developing type 2 diabetes, cardiovascular diseases, and cancer: a systematic review. *Food and Nutrition Research*, **2014**, 58,	3.1	213
91	Promoter polymorphisms of the TNF-alpha (G-308A) and IL-6 (C-174G) genes predict the conversion from impaired glucose tolerance to type 2 diabetes: the Finnish Diabetes Prevention Study. *Diabetes*, **2003**, 52, 1872-6	0.9	209
90	Protein-altering variants associated with body mass index implicate pathways that control energy intake and expenditure in obesity. *Nature Genetics*, **2018**, 50, 26-41	36.3	186
89	Trans-ancestry meta-analyses identify rare and common variants associated with blood pressure and hypertension. *Nature Genetics*, **2016**, 48, 1151-1161	36.3	181
88	Long-term improvement in insulin sensitivity by changing lifestyles of people with impaired glucose tolerance: 4-year results from the Finnish Diabetes Prevention Study. *Diabetes*, **2003**, 52, 2532-8	0.9	166
87	Prevention of diabetes mellitus in subjects with impaired glucose tolerance in the Finnish Diabetes Prevention Study: results from a randomized clinical trial. *Journal of the American Society of Nephrology: JASN*, **2003**, 14, S108-13	12.7	158
86	Effect of lifestyle intervention on the occurrence of metabolic syndrome and its components in the Finnish Diabetes Prevention Study. *Diabetes Care*, **2008**, 31, 805-7	14.6	145
85	Prevalence of the metabolic syndrome and its components: findings from a Finnish general population sample and the Diabetes Prevention Study cohort. *Diabetes Care*, **2004**, 27, 2135-40	14.6	141
84	Indolepropionic acid and novel lipid metabolites are associated with a lower risk of type 2 diabetes in the Finnish Diabetes Prevention Study. *Scientific Reports*, **2017**, 7, 46337	4.9	137
83	Ten-year mortality and cardiovascular morbidity in the Finnish Diabetes Prevention Study--secondary analysis of the randomized trial. *PLoS ONE*, **2009**, 4, e5656	3.7	128
82	FTO genetic variants, dietary intake and body mass index: insights from 177,330 individuals. *Human Molecular Genetics*, **2014**, 23, 6961-72	5.6	120
81	Gene expression of peripheral blood mononuclear cells as a tool in dietary intervention studies: What do we know so far?. *Molecular Nutrition and Food Research*, **2012**, 56, 1160-72	5.9	120
80	Determinants for the effectiveness of lifestyle intervention in the Finnish Diabetes Prevention Study. *Diabetes Care*, **2008**, 31, 857-62	14.6	113
79	The Finnish Diabetes Prevention Study. *British Journal of Nutrition*, **2000**, 83 Suppl 1, S137-42	3.6	113
78	Association of ADIPOQ gene variants with body weight, type 2 diabetes and serum adiponectin concentrations: the Finnish Diabetes Prevention Study. *BMC Medical Genetics*, **2011**, 12, 5	2.1	105

77	Systemic immune mediators and lifestyle changes in the prevention of type 2 diabetes: results from the Finnish Diabetes Prevention Study. *Diabetes*, **2006**, 55, 2340-6	0.9	87
76	Sleep duration, lifestyle intervention, and incidence of type 2 diabetes in impaired glucose tolerance: The Finnish Diabetes Prevention Study. *Diabetes Care*, **2009**, 32, 1965-71	14.6	86
75	The common variant in the FTO gene did not modify the effect of lifestyle changes on body weight: the Finnish Diabetes Prevention Study. *Obesity*, **2009**, 17, 832-6	8	83
74	Serum uric acid as a harbinger of metabolic outcome in subjects with impaired glucose tolerance: the Finnish Diabetes Prevention Study. *Diabetes Care*, **2006**, 29, 709-11	14.6	83
73	Epidemiology and treatment of the metabolic syndrome. *Annals of Medicine*, **2004**, 36, 332-46	1.5	82
72	Importance of weight loss maintenance and risk prediction in the prevention of type 2 diabetes: analysis of European Diabetes Prevention Study RCT. *PLoS ONE*, **2013**, 8, e57143	3.7	81
71	Carotid artery intima-media thickness in elderly patients with NIDDM and in nondiabetic subjects. *Stroke*, **1996**, 27, 1986-92	6.7	78
70	Identification and functional characterization of G6PC2 coding variants influencing glycemic traits define an effector transcript at the G6PC2-ABCB11 locus. *PLoS Genetics*, **2015**, 11, e1004876	6	76
69	Polymorphisms of the SUR1 (ABCC8) and Kir6.2 (KCNJ11) genes predict the conversion from impaired glucose tolerance to type 2 diabetes. The Finnish Diabetes Prevention Study. *Journal of Clinical Endocrinology and Metabolism*, **2004**, 89, 6286-90	5.6	76
68	Effect of weight loss on cytokine messenger RNA expression in peripheral blood mononuclear cells of obese subjects with the metabolic syndrome. *Metabolism: Clinical and Experimental*, **2008**, 57, 192-9	12.7	75
67	FTO genotype and weight loss: systematic review and meta-analysis of 9563 individual participant data from eight randomised controlled trials. *BMJ, The*, **2016**, 354, i4707	5.9	70
66	Leisure-time physical activity and the metabolic syndrome in the Finnish diabetes prevention study. *Diabetes Care*, **2010**, 33, 1610-7	14.6	66
65	Polymorphisms in the SLC2A2 (GLUT2) gene are associated with the conversion from impaired glucose tolerance to type 2 diabetes: the Finnish Diabetes Prevention Study. *Diabetes*, **2005**, 54, 2256-60	0.9	63
64	Lifestyle intervention to prevent diabetes in men and women with impaired glucose tolerance is cost-effective. *International Journal of Technology Assessment in Health Care*, **2007**, 23, 177-83	1.8	62
63	Prevention of Type 2 Diabetes by Lifestyle Changes: A Systematic Review and Meta-Analysis. *Nutrients*, **2019**, 11,	6.7	60
62	The G-250A promoter polymorphism of the hepatic lipase gene predicts the conversion from impaired glucose tolerance to type 2 diabetes mellitus: the Finnish Diabetes Prevention Study. *Journal of Clinical Endocrinology and Metabolism*, **2004**, 89, 2019-23	5.6	58
61	Oral symptoms and signs in elderly patients with type 2 diabetes mellitus. A focus on diabetic neuropathy. *Oral Surgery Oral Medicine Oral Pathology Oral Radiology and Endodontics*, **2000**, 90, 299-305		58
60	Leukocyte telomere length in the Finnish Diabetes Prevention Study. *PLoS ONE*, **2012**, 7, e34948	3.7	57

59	DNA methylation in obesity and type 2 diabetes. *Annals of Medicine*, **2014**, 46, 103-13	1.5	56
58	The maintenance of improved metabolic control after intensified diet therapy in recent type 2 diabetes. *Diabetes Research and Clinical Practice*, **1993**, 19, 227-38	7.4	53
57	Comparative evaluation of simple indices of insulin resistance. *Metabolism: Clinical and Experimental*, **2004**, 53, 1522-6	12.7	52
56	Effect of correction of hyperglycemia on left ventricular function in non-insulin-dependent (type 2) diabetics. *Acta Medica Scandinavica*, **1983**, 213, 363-8		49
55	Variation in the UCP2 and UCP3 genes associates with abdominal obesity and serum lipids: the Finnish Diabetes Prevention Study. *BMC Medical Genetics*, **2009**, 10, 94	2.1	47
54	A principal component meta-analysis on multiple anthropometric traits identifies novel loci for body shape. *Nature Communications*, **2016**, 7, 13357	17.4	46
53	The trans-ancestral genomic architecture of glycemic traits. *Nature Genetics*, **2021**, 53, 840-860	36.3	44
52	Protein-coding variants implicate novel genes related to lipid homeostasis contributing to body-fat distribution. *Nature Genetics*, **2019**, 51, 452-469	36.3	44
51	Association of the fat mass and obesity-associated (FTO) gene variant (rs9939609) with dietary intake in the Finnish Diabetes Prevention Study. *British Journal of Nutrition*, **2012**, 108, 1859-65	3.6	43
50	Insulin secretion and its determinants in the progression of impaired glucose tolerance to type 2 diabetes in impaired glucose-tolerant individuals: the Finnish Diabetes Prevention Study. *Diabetes Care*, **2012**, 35, 211-7	14.6	41
49	Fasting serum hippuric acid is elevated after bilberry (Vaccinium myrtillus) consumption and associates with improvement of fasting glucose levels and insulin secretion in persons at high risk of developing type 2 diabetes. *Molecular Nutrition and Food Research*, **2017**, 61, 1700019	5.9	36
48	Gene-diet interaction in relation to the prevention of obesity and type 2 diabetes: evidence from the Finnish Diabetes Prevention Study. *Nutrition, Metabolism and Cardiovascular Diseases*, **2005**, 15, 225-33	4.5	36
47	Interaction of single nucleotide polymorphisms in ADRB2, ADRB3, TNF, IL6, IGF1R, LIPC, LEPR, and GHRL with physical activity on the risk of type 2 diabetes mellitus and changes in characteristics of the metabolic syndrome: The Finnish Diabetes Prevention Study. *Metabolism: Clinical and Experimental*, **2008**, 57, 428-36	12.7	33
46	SNPs in PPARG associate with type 2 diabetes and interact with physical activity. *Medicine and Science in Sports and Exercise*, **2008**, 40, 25-33	1.2	33
45	The association between HbA1c, fasting glucose, 1-hour glucose and 2-hour glucose during an oral glucose tolerance test and cardiovascular disease in individuals with elevated risk for diabetes. *PLoS ONE*, **2014**, 9, e109506	3.7	31
44	Sex-dimorphic genetic effects and novel loci for fasting glucose and insulin variability. *Nature Communications*, **2021**, 12, 24	17.4	30
43	A Low-Frequency Inactivating Variant Enriched in the Finnish Population Is Associated With Fasting Insulin Levels and Type 2 Diabetes Risk. *Diabetes*, **2017**, 66, 2019-2032	0.9	29
42	The impact of weight reduction in the prevention of the progression of obstructive sleep apnea: an explanatory analysis of a 5-year observational follow-up trial. *Sleep Medicine*, **2014**, 15, 329-35	4.6	29

41	Increase in physical activity and cardiometabolic risk profile change during lifestyle intervention in primary healthcare: 1-year follow-up study among individuals at high risk for type 2 diabetes. *BMJ Open*, **2011**, 1, e000292	3	29
40	Genes and Dietary Fatty Acids in Regulation of Fatty Acid Composition of Plasma and Erythrocyte Membranes. *Nutrients*, **2018**, 10,	6.7	28
39	Aldose reductase gene polymorphisms and peripheral nerve function in patients with type 2 diabetes. *Diabetes Care*, **2004**, 27, 2021-6	14.6	27
38	Variations in the ghrelin receptor gene associate with obesity and glucose metabolism in individuals with impaired glucose tolerance. *PLoS ONE*, **2008**, 3, e2941	3.7	26
37	Association of ADIPOR2 gene variants with cardiovascular disease and type 2 diabetes risk in individuals with impaired glucose tolerance: the Finnish Diabetes Prevention Study. *Cardiovascular Diabetology*, **2011**, 10, 83	8.7	24
36	Cardiometabolic profile of people screened for high risk of type 2 diabetes in a national diabetes prevention programme (FIN-D2D). *Primary Care Diabetes*, **2010**, 4, 231-9	2.4	22
35	Socioeconomic position and effectiveness of lifestyle intervention in prevention of type 2 diabetes: one-year follow-up of the FIN-D2D project. *Scandinavian Journal of Public Health*, **2011**, 39, 561-70	3	22
34	Tenomodulin is associated with obesity and diabetes risk: the Finnish diabetes prevention study. *Obesity*, **2007**, 15, 1082-8	8	22
33	Genetic predisposition to obesity and lifestyle factors--the combined analyses of twenty-six known BMI- and fourteen known waist:hip ratio (WHR)-associated variants in the Finnish Diabetes Prevention Study. *British Journal of Nutrition*, **2013**, 110, 1856-65	3.6	21
32	Lifestyle intervention in prevention of type 2 diabetes in women with a history of gestational diabetes mellitus: one-year results of the FIN-D2D project. *Journal of Women's Health*, **2014**, 23, 506-12	3	20
31	Socio-economic differences in dysglycemia and lifestyle-related risk factors in the Finnish middle-aged population. *European Journal of Public Health*, **2011**, 21, 768-74	2.1	19
30	Cognition in the Finnish diabetes prevention study. *Diabetes Research and Clinical Practice*, **2015**, 108, e63-6	7.4	18
29	Diabetes, glycaemia, and cognition-a secondary analysis of the Finnish Diabetes Prevention Study. *Diabetes/Metabolism Research and Reviews*, **2016**, 32, 102-10	7.5	18
28	Peripheral arterial disease and its relationship to cardiovascular risk factors and coronary heart disease in newly diagnosed non-insulin-dependent diabetics. *Acta Medica Scandinavica*, **1986**, 220, 205-12		18
27	Physical activity, diet, and incident diabetes in relation to an ADRA2B polymorphism. *Medicine and Science in Sports and Exercise*, **2007**, 39, 227-32	1.2	18
26	Educational attainment and effectiveness of lifestyle intervention in the Finnish Diabetes Prevention Study. *Diabetes Research and Clinical Practice*, **2009**, 86, e1-5	7.4	17
25	Population-level effects of the national diabetes prevention programme (FIN-D2D) on the body weight, the waist circumference, and the prevalence of obesity. *BMC Public Health*, **2011**, 11, 350	4.1	16
24	Costs of a self-selected, health-promoting diet among the participants of the Finnish Diabetes Prevention Study. *Diabetes Care*, **2007**, 30, 1275-7	14.6	14

23	Changes in lifestyle modestly reduce the estimated cardiovascular disease risk in one-year follow-up of the Finnish diabetes prevention program (FIN-D2D). *European Journal of Cardiovascular Nursing*, **2015**, 14, 145-52	3.3	13
22	Diet, inflammation and prediabetes-impact of quality of diet. *Canadian Journal of Diabetes*, **2013**, 37, 327-31	2.1	13
21	Metabolic and dietary determinants of serum lipids in obese patients with recently diagnosed non-insulin-dependent diabetes. *Annals of Medicine*, **1994**, 26, 119-24	1.5	13
20	Dietary polyunsaturated fatty acids and the Pro12Ala polymorphisms of PPARG regulate serum lipids through divergent pathways: a randomized crossover clinical trial. *Genes and Nutrition*, **2015**, 10, 43	4.3	11
19	Predictors of success of a lifestyle intervention in relation to weight loss and improvement in glucose tolerance among individuals at high risk for type 2 diabetes: the FIN-D2D project. *Journal of Primary Care and Community Health*, **2013**, 4, 59-66	2.1	11
18	The genetic variation of the tenomodulin gene (TNMD) is associated with serum levels of systemic immune mediators--the Finnish Diabetes Prevention Study. *Genetics in Medicine*, **2008**, 10, 536-44	8.1	11
17	Participation, socioeconomic status and group or individual counselling intervention in individuals at high risk for type 2 diabetes: one-year follow-up study of the FIN-D2D-project. *Primary Care Diabetes*, **2012**, 6, 277-83	2.4	10
16	Tenomodulin gene and obesity-related phenotypes. *Annals of Medicine*, **2010**, 42, 265-75	1.5	10
15	Healthy Nordic Diet Modulates the Expression of Genes Related to Mitochondrial Function and Immune Response in Peripheral Blood Mononuclear Cells from Subjects with Metabolic Syndrome-A SYSDIET Sub-Study. *Molecular Nutrition and Food Research*, **2019**, 63, e1801405	5.9	8
14	Do statins interfere with lifestyle intervention in the prevention of diabetes in primary healthcare? One-year follow-up of the FIN-D2D project. *BMJ Open*, **2012**, 2,	3	8
13	Lifestyle intervention, diabetes, and cardiovascular disease. *Lancet, The*, **2008**, 371, 1731-3	40	8
12	Serum adiponectin/Ferritin ratio in relation to the risk of type 2 diabetes and insulin sensitivity. *Diabetes Research and Clinical Practice*, **2018**, 141, 264-274	7.4	7
11	Following in the Footsteps of the North Karelia Project: Prevention of Type 2 Diabetes. *Global Heart*, **2016**, 11, 223-8	2.9	6
10	Prevention of type 2 diabetes-success story that is waiting for next steps. *European Journal of Clinical Nutrition*, **2018**, 72, 1260-1266	5.2	6
9	The genetic and metabolic determinants of cardiovascular complications in type 2 diabetes: recent insights from animal models and clinical investigations. *Canadian Journal of Diabetes*, **2013**, 37, 351-8	2.1	4
8	Tissue-Specific Alteration of Metabolic Pathways Influences Glycemic Regulation		4
7	Long-term outcomes of lifestyle intervention to prevent type 2 diabetes in people at high risk in primary health care. *Primary Care Diabetes*, **2021**, 15, 444-450	2.4	4
6	Do depressive symptoms have an impact on the effectiveness of lifestyle counseling in prevention of type 2 diabetes? One-year follow-up of FIN-D2D. *Primary Care Diabetes*, **2014**, 8, 43-7	2.4	2

5	Long-term repeatability of measures of early insulin secretion derived from an intravenous glucose tolerance test and conversion from impaired glucose tolerance to diabetes. *Annals of Medicine*, **2008**, 40, 303-11	1.5	2
4	Hypertension in diabetic patients--use of exercise in treatment. *Annals of Medicine*, **1991**, 23, 335-8	1.5	1
3	Protein-Coding Variants Implicate Novel Genes Related to Lipid Homeostasis Contributing to Body Fat Distribution		1
2	Divergent pathologies and treatment options for diabetic neuropathies. *Diabetologia*, **2020**, 63, 1947-1948	10.3	1
1	Effect of smoking on lifestyle interventions to prevent diabetes AuthorsSreply. *Lancet, The*, **2007**, 369, 365-366	40	